



2019-2020 PARENTING WITH A DIFFERENCE

- Westmark School's Parent Educational Support Group •

An 8-part series presented by expert guest speakers and facilitated by Westmark School's counseling team.

Meets the last Wednesday of every month from 8:00 - 9:00 am

Open to all Los Angeles Parents

SEPTEMBER 25, 2019	Supporting Your Child Who Has A Learning Difference – Organization & Time Management
OCTOBER 30, 2019	TBD
NOVEMBER 30, 2019	Executive Functioning and Growth Mindset
DECEMBER 2019	NO MEETING - Winter Break
JANUARY 29, 2020	Responding to Social Media Issues in 2019
FEBRUARY 26, 2020	Mental Health and Learning Differences
MARCH 25, 2020	Mothers Against Drunk Driving
APRIL 29, 2020	Roads to Respect: Consent
MAY 27, 2020	Mindfulness and Self Care

PARENTING WITH A DIFFERENCE: 8-PART SPEAKER SERIES

SEPTEMBER 25, 2019: SUPPORTING YOUR CHILD WHO HAS A LEARNING DIFFERENCE – ORGANIZATION & TIME MANAGEMENT

- Guest Speakers: Westmark School Counselors, Zoe Camp, LCSW and Courtney Lallier, M.Ed. will be joined by Westmark's Curriculum and Literacy Coordinator and Educational Technology Coordinator Kathy Spielman for this important discussion guiding parents on how to best support their child's social emotional needs throughout this school year, with a special focus on how supporting your child's organization and time management can decrease anxiety levels and help lead to success.

OCTOBER 30, 2019: TOPIC AND GUEST SPEAKER TBD

NOVEMBER 20, 2019: EXECUTIVE FUNCTIONING AND GROWTH MINDSET

- Guest Speaker: Lisa Tiano, M.A. and Director of Clinical Programs and Outreach at Reflect Neurosychology has over 20 years counseling experience in hospitals, clinics and school. As an author, consultant, talk show host and contributing writer, she addresses pre-teen and teenage topics and works with parents and teens on academic, social and emotional issues. She also helps guide families and children with the transition to middle school, high school and college.

DECEMBER: NO MEETING - WINTER BREAK HIATUS

JANUARY 29, 2020 (DATE TENTATIVE): RESPONDING TO SOCIAL MEDIA ISSUES IN 2019

- Guest Speaker: Lisa Tiano, M.A. and Director of Clinical Programs and Outreach at Reflect Neurosychology will present on the impact of social media and the current trends and research of current social apps across the board, sharing tips and tricks to deal with today's social media culture and its impact on kids.

FEBRUARY 26, 2020: MENTAL HEALTH AND LEARNING DIFFERENCES

- Guest Speaker: Eddie Garcia of Insight Treatment Programs will address the relation between mental health and learning differences. Eddie works with teens aged 13-19, helping them to address both behavioral and emotional issues. With his life and career experience as a tool Eddie's hope is that he can help teens avoid the frustration, pain, and suffering that can happen when you don't have the tools necessary to fully experience the ups and downs of life in a healthy way.

MARCH 25, 2019: MOTHERS AGAINST DRUNK DRIVING

- Guest Speaker: Local Community Moms

APRIL 29, 2019: ROADS TO RESPECT: CONSENT

- Guest Speaker: Justine Osborne

MAY 27, 2019 MINDFULNESS AND SELF CARE

- Guest Speaker: Celeste Rix

*Dates and Guest Speakers subject to change